

Movement Disorders Clinic

What to expect at your appointment

Movement Disorders Clinic
UBC Hospital
Djavad Mowafaghian Centre for Brain Health
Main Floor, 2215 Wesbrook Mall
Vancouver, BC V6T 1Z3
Tel: 604-822-7682
Fax: 604-822-7866

Movement Disorders Clinic

The Movement Disorders Clinic was established in the 1980's and is considered a Centre of Excellence for the diagnosis and management of Parkinson's disease and other related disorders including tremor and dystonia. Our multidisciplinary team includes neurologists, nurses, a physiotherapist and a social worker, all working collaboratively to provide comprehensive, patient-centered care to meet the different needs of patients and family members.

Team Members

The Movement Disorders Clinic team includes the following health care professionals:

Neurologist:

- Specializes in movement disorders such as Parkinson's disease, dystonia, tremor, multiple system atrophy and progressive supranuclear palsy
- Provides comprehensive assessments and thorough investigations in order to diagnosis, manage and treat movement disorders
- Outlines a treatment and management plan for patients and their GPs to follow in between clinic visits
- Sends consultation reports to the patient's general practitioner (GP) and referring neurologist after each visit

Nurse Practitioner:

- Diagnoses and manages motor and non-motor symptoms of Parkinson's (including depression, anxiety, constipation, sleep disturbances, memory difficulties, hallucinations)
- Offers medication management including monitoring, adjusting and refilling prescriptions
- Collaborates with the patient and their family to identify health concerns from a holistic perspective
- Provides education and counselling on healthy lifestyle, nutrition, exercise
- Provides ongoing support to patients and their families living with Parkinson's and other movement disorders

Registered Nurse:

- Provides education and self-management counselling regarding diagnosis and medications
- Creates an opportunity for patients or family members to express any concerns or worries
- Offers medication management (monitoring and adjusting medications between clinic visits as needed under the direction of the neurologist)
- Provides telephone follow-up and support for symptom management
- Refers to other team members and community resources when necessary

Physiotherapist:

- Helps you manage the physical challenges of movement disorders from diagnosis onwards
- Provides education on the benefits of appropriate regular exercise & activities, including provision of a home exercise program
- Improves walking difficulties, posture, rolling in bed, balance, reduce falls, safety awareness
- Offers advice on appropriate equipment needs
- Refers to a Home Occupational Therapist for a home safety assessment
- Liaises with local physiotherapists as needed

Occupational Therapy:

- Provide education on the ways in which the meaningful activities and functional mobility may be impacted; analyze daily & desired activities to facilitate ongoing and safe management at home and in your community.
- Problem solve what may be limiting your function in your chosen activities, and find solutions along with you and your caregivers/family, through either a rehabilitative and/or compensatory approach.
- Encourage self-management and provide you with the required education and tools to achieve your desired goal and to continue being an active member of your health care team.
- Provide referral to other appropriate existing services (e.g. Home Health team, Neil Squire & etc.)

Social Worker:

- Provides information, counselling and referrals to help patients & family members understand, adjust and manage the emotional, social and practical concerns that may arise as a result of Parkinson's disease or other movement disorders
- Discusses issues such as impact of illness on the patient's work, family and lifestyle, loss of independence and grief, decision making, communication, impulse control issues, caregiver stress, and advance care planning
- Provides guidance around finances/disability pensions, power of attorney/representation agreements, housing options, home support, and respite care
- Assists with completing forms for Canada Pension Plan, Long Term Disability Plans, etc.
- Offers counselling for stress, anxiety, and coping strategies

Researcher:

- The Movement Disorder Clinic works in partnership with the internationally-renowned Pacific Parkinson's Research Centre (PPRC). Much of our understanding of movement disorders stems from knowledge gained from patients who participate in the research program here. When you attend the Movement Disorders Clinic, you may have the opportunity to meet with a researcher to discuss your interest in participating. Areas of research include clinical trials, microbiome studies, PET and MRI imaging studies.

Referral Protocol

Initial & Follow-Up Visits

Patients need a referral from their GP or general neurologist to attend the clinic and for subsequent follow-up visits, depending on the length of time between visits. Consultation reports are sent to the patient's GP and referring neurologist after each visit.

The initial visit can take at least an hour, as the neurologist will include a full medical history and a neurological and general physical examination. While we do want to address all your pertinent problems, please remember that the focus of this clinic is your movement disorder and other problems of a more general nature may be more appropriately dealt with by your GP.

Follow-up visits are typically on an annual basis and as needed, determined by the neurologist.

Ongoing Care

If you experience challenges with medications or symptom management that your GP cannot manage, you can contact the Movement Disorder Clinic Nursing Team at 604-822-0392.

The nurse will perform a phone assessment and may arrange necessary follow-up. The nurse will discuss your care with a neurologist to determine a plan. Your symptoms may be managed remotely or you may be brought into the clinic.

Clinic Location

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Djavad Mowafaghian Centre for Brain Health
Main Floor, 2215 Wesbrook Mall
Vancouver, BC V6T 1Z3

Clinic Phone Number

604-822-7682
(Please call if you are unable to attend your appointment)

Clinic Hours of Operation

Monday to Friday: 8:30 am–4:30 pm

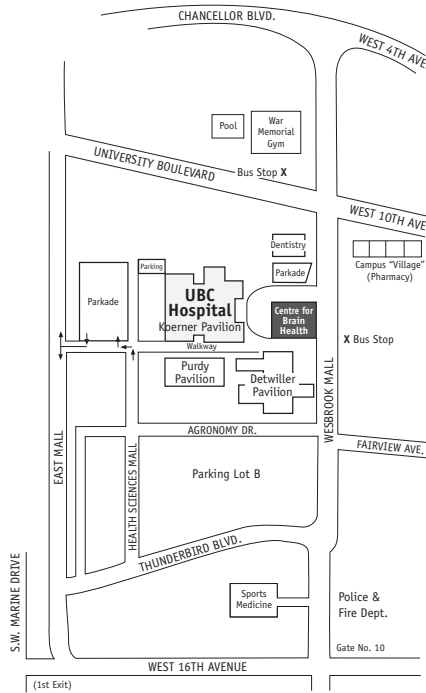
Nurses	604-822-0392
Nurse Practitioner	604-827-1352
Physiotherapist	604-822-7695
Occupational Therapist	604-827-1644
Social Worker	604-822-7527

Neurologist's Offices

Dr. Silke Cresswell	604-822-7754
Dr. Melissa Mackenzie	604-827-7682
Dr. Martin McKeown	604-827-5136
Dr. Tara Rastin	604-822-7682
Dr. Jon Stoessl	604-822-7967
Dr. Jonathan Squires	604-822-7682
Dr. Joseph Tsui	604-827-5136
Dr. Jason Valerio	604-822-7682

Parking

The Movement Disorder Clinic is located in The Djavad Mowafaghian Centre for Brain Health. Parking (including handicap stalls) is available in front of the Centre for Brain Health, Health Sciences Parkade, & Thunderbird Parkade



For parking rates please visit www.parking.ubc.ca or call 604-822-6786.



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